

**Michigan Long Term Care Supports and Services Commission
Health Promotion, Chronic Care Management and Caregiver Support Work Group
Meeting Minutes**

October 30, 2008 1:00-3:00 PM

MDRC Conference Room

PRESENT: RoAnne Chaney, Andy Farmer, Aaron Simonton, Nora Barkey, Damita Zweiback, Elizabeth Longley, Sherri King, Karen Findlay, Judi Lyles, Linda Potter, Pamela McNab and Sarah Szwejda.

Minutes from September reviewed.

- Change to the Work Group contact list- Michigan Quality Community Care Council's address is 3186 Pine Tree Rd, Lansing MI 48911. Phone numbers are the same (for Susan Steinke and Sarah Szwejda).

Healthy Aging Project Update Presentation - Damita Zweiback

- -started 2003, 2004 to bring together public Prevention efforts and the Aging Network
- Sherri King hired in 2004, Damita in 2005 - brought together 20 stakeholders from Aging and Prevention where they flushed out a mission and vision statement and did strategic planning for the State. Five areas of focus:
 1. Mobility (public/private transportation, walkable communities)
 2. Quality of Life (mental health, caregiver support systems)
 3. Healthy Living (nutrition, exercise, smoking cessation, at-risk behaviors)
 4. Evaluation and Data (capturing data through the BRFSS)
 5. Policy (supporting policy that supports first four areas, institutionally and legislatively) Strategic Planning was canceled during the budget shutdown; an Action Guide for the five focus areas was put together and is available.
- Currently, the project is promoting the Action Guide, networking with the Dementia Coalition and Alzheimer's Association, and promoting evidence-based programs for older adults. RoAnne explained who this work group is; a Long Term Care Commission group, focused on trying to coordinate services that are currently scattered. Another LTC conference is being looked at, and will include Healthy Aging.
- Aaron - the MI Association of Senior Centers is holding their conference November 5th and 6th and includes a Healthy Aging track. Discussion of the disconnect between what we discuss here and what gets out to the public.

Alzheimer's Association Presentation - Elizabeth Longley (Micki Horst Power Point)

- Home and Community Based Caregivers - 59-75% are female, most between 35-64 years old
- Most are adult children taking care of parents
- 25-35% are providing care to someone 65 years or older
- Toll on caregivers includes anxiety and depression. Those caring for someone with Dementia have higher rates of these ailments than the general population.
- Caregiver Support needs to include emotional as well as physical health of the caregiver a major fear of caregivers is institutionalization.

- MI Dementia Coalition is made up of Alzheimer's Association (2 Chapters), Huntington's Disease Society of America - MI, MI Alzheimer's Disease Research Center, and Parkinson's group (name?), plus other interested parties.
- Priorities are to increase caregiver support, increase early detection and best care practices in primary care, increase quality and choice in Long Term Care, increase public awareness of dementia, stress importance of evaluation and available resources.

Alzheimer's Association

- 8,712 helpline calls in FY 2007 _ As the word gets out about more resources in the community, questions seem to be increasing in intensity (ex. guns in the home, thoughts of suicide). Judi suggested that a figure for # of calls per day to the helpline would be helpful to know and for the public to be aware of.
- 4,099 Care Consultations were done in FY 2007. There are two kinds; level 1 which runs about 15 minutes and level 2 which lasts longer and involves a sit-down meeting. Karen said callers often already know they need help (know the person has dementia) when they make the initial call.

Alzheimer's Chapter Services:

- 1,600 support group meetings with 6 participants each
- 583 presentations done for consumers with 11,996 participants
- 198 presentations done for professionals with 4,220 participants

Dementia:

- Over 230,000 people in MI with Dementia (173,000 with Alz) average 2-3 caregivers each.
- 6th leading cause of death nationally.
- Numbers are increasing because of the aging population and better diagnosing
- 81 types of dementia besides Alzheimer's - also Vascular, Encephalitis, Parkinson's Disease, and Louie Bodies, to name a few.
- Treatment changes depending on the type of dementia, which is why proper diagnosing is so important

Discussion – Aaron - we need to address the lack of professionals trained in gerontology; in 10 years 50% of nurses will be retiring, and doctors are not far behind. Elizabeth - untrained professionals increase caregiver stress as they have to battle the system that much more. Linda discussed the definition of primary and secondary caregivers. Aaron talked about Senior Alert (similar to Amber Alert) - it seems to be tied up in other legislation. Aaron also talked about dysfunctional families who isolate an older person from supports in the community.

Video - Assistive Technology (AT) for people with Dementia (Damita)

- Demand for AT needs to come from the bottom up to affect legislation.

Some technologies discussed:

- Life Shirt - by Accenture - sensors track heart rate, vital signs and translate to a computer in physician's office.
- Medicine Cabinet of the Future - RFID chips - alerts you if you grab the wrong medication and sends refills directly to pharmacy and caregiver when levels get low
- LCD screens on adult beds and anywhere in home (eg kitchen)

- Nutrition Scales that weigh food and give nutritional information
- Nike shoe - a chip calculates distance walked, calories burned, and can be plugged into a computer
- CAST (Ctr for Aging Services Technology) Video (also supported by Lutheran Homes of MI and Presbyterian Village of MI) - Caregiver Network; people supported by technology; sensors with medication, reminders; wrist watch that monitors vital signs.
- Aaron said Guardian also offers a monitoring service.
- Damita said Accenture may travel and bring technologies to conferences and other events.

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Discussion about ethics and tracking/monitoring devices. What are the costs for these technologies?

- Elizabeth - people are coming into nursing facilities later in life, and more impaired, so the facilities are very interested in utilizing AT.
- Andy requested a packet of this information; Damita with email what she can to RoAnne. The video is \$3 and available through CAST. RoAnne reminded group that the MDRC website has AT Connections Xchange.

Discussion of Patient Centered vs. Person Centered Planning and Thinking.

Next Meeting: Carol Callahan will present on the Primary Care Initiative, improving Primary Care Practices and Chronic Disease Model. Scott Wamsley from Office of Services to the Aging (OSA) - statistics on care giving and more on Healthy Aging.

*******COME TO NEXT MEETING WITH 2009 CALENDAR TO DISCUSS MEETING DATES FOR NEXT YEAR**

NEXT MEETING DECEMBER 11, 2008 at the Capitol View Conference Room A, 1:00-3:00 PM